Ellise Stainless Electric Cookware

INSTRUCTION/RECIPE BOOKLET.

FP8610

PLEASE READ THIS BOOK THOROUGHLY AND RETAIN FOR FUTURE REFERENCE

THIS BOOK COVERS THE USE AND CARE OF THE FOLLOWING SUNBEAM ELECTRIC COOKWARE:

FP8610	ELLISE STAINLESS SQUARE FRYPAN - 30.5CM (12") STAINLESS ELECTRIC COOKWARE

Sunbeam's Safety Precautions.

SAFETY PRECAUTIONS FOR YOUR FRYPANS.

- **Use your frypan at least 200mm away from walls and curtains.**
- **Do not immerse the Control Probe in water.**
- **If using a plastic spatula do not leave in cooking vessel when hot.**
- **The frypan must only be used with the Control Probe provided.**
- **Avoid using on metal surfaces e.g. sink, hotplate.**
- **Remove the Control Probe before cleaning the frypan.**
- **After cleaning the frypan ensure that the Control Probe Inlet area is completely dry before using again.**
- **The knob on the glass lid may get hot during use - oven mitts may be required.**

SAFETY PRECAUTIONS FOR ALL ELECTRICAL APPLIANCES

Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- **Read carefully and save all the instructions provided with an appliance.**
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the underside of the appliance.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children should be supervised to ensure that they do not play with the appliance.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven. Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof screws. Such appliances should always be returned to the nearest Sunbeam Appointed Service Centre for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse in water or any other liquid, unless recommended.

If you have any concerns regarding the performance and use of your appliance, please ring our Toll Free number (Australia only) 1800 025 059. New Zealand - contact the Sunbeam Office in Auckland on 09 912 0747.

Ensure the above safety precautions are understood.

تأكد من تفهّم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید که احتیاطهای بالا حتماً درك بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

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An Introduction to electric frypan cooking.

Congratulations on the purchase of your new Sunbeam frypan.

Over the years we have introduced many innovations in electric fryware and we hope you continue to enjoy cooking meals with our new classic range of electric fryware.

After reading through this book you will soon learn how to get the most from your frypan and how to enjoy the benefits of frypan cooking.

Versatile.
Roast the family dinner, grill steaks, simmer casseroles and stir fry vegetables etc. All with minimal mess or fuss.

Economical.
Cooks food quickly and uses less power than an ordinary oven or grill.

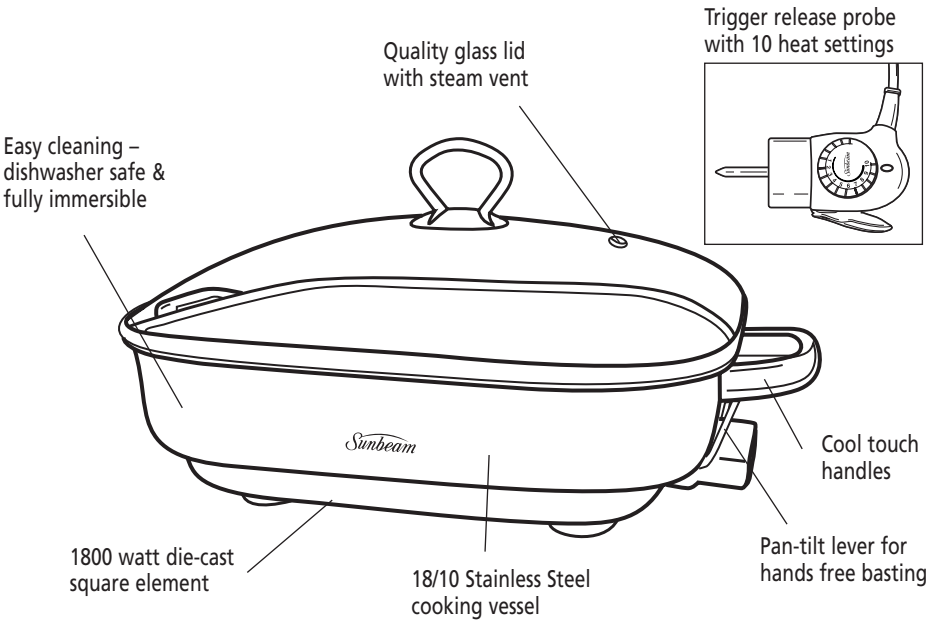
Total control.
The removable Control Probe has 10 heat settings plus Simmer to give you total heat control, whether cooking delicate pikelets or the family roast.

Easy to clean.
Features a fully sealed element, so that the frypan is dishwasher-safe and can be fully immersed in water.

Guaranteed reliability.
Your new Sunbeam frypan will give you years of reliable service. It is backed by Sunbeam's 12 month Replacement Guarantee.

If you have any questions about your Sunbeam frypan or any other Sunbeam appliance, please phone the Sunbeam Consumer Service Line on 1800 025 059 or the Sunbeam office in your state. In New Zealand - call the Sunbeam office in Auckland on 09 912 0747.

Features of your Sunbeam Ellise Stainless Square frypan.


Trigger release probe with 10 heat settings
Quality glass lid with steam vent
Easy cleaning – dishwasher safe & fully immersible
Sunbeam
Cool touch handles
Pan-tilt lever for hands free basting
1800 watt die-cast square element
18/10 Stainless Steel cooking vessel

FP8610

Stainless Steel Cooking Vessel

Long lasting 25 year guaranteed 18/10 Stainless Steel cooking surface – essential for the gourmet cook.

Glass lid

Stylish glass lid with stainless steel rim enables you to watch your food while it cooks.

Steam vent

Fixed steam vent controls the moisture level during cooking.

Dishwasher Safe

All parts are dishwasher safe and fully immersible making cleaning a breeze.

Extra deep cooking vessel

Ideal for cooking foods with a liquid base such as casseroles, pasta, sauces, soups, custards etc.

Unique 1800 watt square die-cast element

The element is completely cast into an aluminium base which is adhered onto the stainless frypan providing even heat distribution.

Pan tilt lever

When the lever is in the lowered position the cooking pan is tilted forcing juices to collect at one end of the pan. Both hands are then free for basting.

Cool touch handles

Cool touch handles make it safer when shifting your frypan from the kitchen to the table.

Trigger Release Control Probe

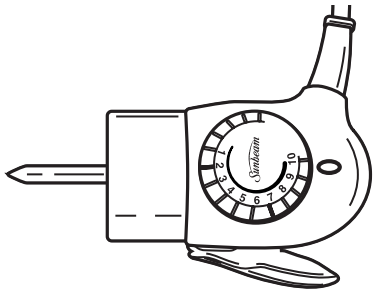
The Probe is thermostatically controlled. The indicator light switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained.

Being removable enables the pan to be fully immersible and dishwasher safe for easy cleaning. The trigger release lever makes removal of the probe easy.

Features of your Sunbeam fryware.

Trigger Release Control Probe
The Probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained.

The trigger release makes removal of the probe easy.



The numbers on the dial represent the following temperatures approximately.

DIAL SETTING	CELSIUS (approx)	FARENHEIGHT (approx)	USES	TEMPERATURE
1 2	100°C 110°C		Keeping food warm	**LOW**
3 4	125°C 140°C	260°F 285°F	Simmering, slow cooking	
5 6	150°C 160°C	300°F 320°F	Pan frying	**MEDIUM**
7 8	175°C 185°C	350°F 365°F	Shallow frying, baking	
9 10	200°C 210°C	390°F 410°F	Searing and sealing, roasting	**HIGH**

Note: The temperature uses are a guide only and may require adjustment to suit various foods and individual tastes.

When the dial is set to a low setting, it is quite normal for food to stop and start bubbling, as the thermostat maintains the selected temperature.

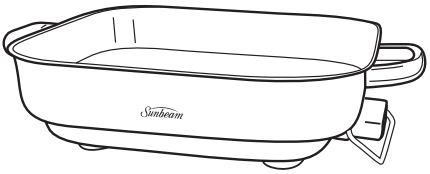
High domed glass lid
With the lid in place, the frypan can be used as an oven, giving you the versatility to roast larger pieces of beef, lamb and chicken.

The lid also retains heat and moisture when simmering food such as casseroles.

Features of your Sunbeam fryware con't.

Pan Tilt Lever

The Pan Tilt lever is positioned under the inlet where the Control Probe is inserted. To tilt the frypan, push the lever down. This allows the fat and juices to drain from the food for crisp, low fat cooking. It also makes it easier to baste food and serve sauces or gravy.



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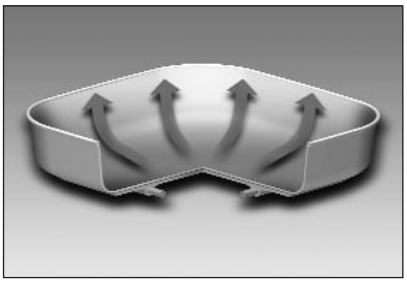
Cast-in element

The element is completely cast into the aluminium base for faster superior heating and a longer element life.



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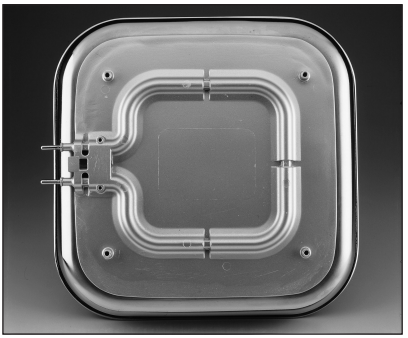
The 1800 watt square element is completely cast into an aluminium base, which is adhered onto the stainless frypan providing superior heat distribution.



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Using your frypan.

Before the first use: Wash, rinse and dry your frypan and lid, "Season" the cooking surface by applying a thin coat of cooking oil and rub in with paper towelling.

1. Insert the Control Probe into the inlet on the frypan.
2. Plug the cord into a 230-240V power outlet and turn the power on.
3. Set the Control Probe Dial to the desired temperature setting. Refer to page 6 for the temperature guide.

The light on the Control probe will illuminate.

This light will remain on until the set temperature has been reached and then will cycle on and off throughout cooking, as the cooking temperature is maintained by the thermostat.

Hint: On initial heating of the frypan, it is recommended that the temperature be allowed to cycle (the light glowing on and off) several times. This will help the cooking surface to adjust to a more accurate cooking temperature.

Note: The frypan must only be used with the Control Probe provided.

Care and Cleaning.

Control Probe.
If cleaning is necessary, wipe over with a damp cloth.

Note: The control probe must be removed before the frypan is cleaned and the Control Probe inlet must be dried before the frypan is used again.

NEVER IMMERSE THE CONTROL PROBE IN WATER OR OTHER LIQUID.

Storage: Store the Control Probe carefully. Do not knock or drop it as this can damage the probe. If damage is suspected, return the Control Probe to your nearest Sunbeam Appointed Service Centre for inspection Refer to the separate warranty and service centre booklet.

Glass lid
Wash the lid in warm soapy water using a soft sponge, rinse and dry thoroughly. The glass lid is dishwasher safe.

Note: Take care when glass lid is hot. Do not place hot lid under water or on cold surfaces. This may cause lid to crack.

Stainless steel cooking surface.

The Sunbeam stainless steel cooking surface is manufactured from high quality stainless steel. Stainless steel is hygienic, easy to care for and extremely durable. To keep your stainless steel cooking surface looking good and to achieve the best results, follow these simple instructions:

Before the first use: "Season" the cooking surface by applying a thin coat of cooking oil or butter and rub in with paper towelling. This will also be necessary after cleaning in a dishwasher.

Use sufficient oil when sauteeing, pan frying and roasting to prevent food sticking. Two to three tablespoons is generally sufficient.

Do not use high temperatures to brown and seal meat as this will cause it to stick. Use settings 7-8. Food such as steaks, rissoles and roasts will also stick if turned before completely browned and sealed.

Note: To prevent food from sticking, maintain low temperatures, ensure sufficient juices are in the frypan and season the frypan before and after each use. This will decrease as the frypan receives continual use.

Stainless steel cooking surface cont.

Do not use metal utensils. Continued use of knives, forks or spoons will eventually start to mark the stainless steel cooking surface. Use plastic or wooden utensils.

To clean after each use: Wash in hot soapy water. Rinse and dry thoroughly. To remove cooked-on food, fill the pan with hot water and allow to stand for a few minutes. This will soften the food, making cleaning easier.

Note: Never fill a hot frypan with cold water.

Do not use abrasives or scourers. Avoid using harsh abrasive cleaners or scouring pads as continued use will scratch the highly polished surface and make subsequent cleaning more difficult.

Removing burnt-on food. Fill the pan with 20mm (1") water, cover and simmer for five minutes or until the burnt-on food softens and lifts. For stubborn burnt-on food, leave the frypan to soak overnight, after first simmering as described. Then wash and dry thoroughly.

Removing stubborn stains. These can be removed by using any brand of stainless steel powder cleaner can be used on stubborn stains on the cooking surface only.

Rubbing a paste of bicarbonate of soda and water into the stained area is also helpful in removing stains. Wash thoroughly.

Note: Re-Season the cooking surface after using any of the above methods to remove stains.

Dishwasher-safe. Your stainless steel frypan is completely dishwasher-safe. The heating element is totally sealed so it is safe to fully immerse in water.

Cooking with your Sunbeam frypan.

Boiling.

Pasta.

1. Bring 6 cups of water to the boil on setting 5. Add 1-2 tablespoons of oil to stop the pasta from sticking together.
2. Add 250g (1 cup) of pasta and cook until tender, for approximately 8-12 minutes.
3. Reduce to a lower setting if the water boils too rapidly.

Note: Cooking times will vary with different types of pasta.

Rice.

1. Bring 6 cups of water to the boil on setting 5. Add 250g (1 cup) of rice and position the lid.
2. Cook until tender, approximately 10-12 minutes, and then drain.
3. Reduce to a lower setting if the water boils too rapidly. Stir occasionally so that the rice does not stick.

Basting.

The Pan Tilt Lever makes basting easy as it allow the juices to drain to one side of the pan.

Reduce the temperature to prevent any fat and juices spattering. Position the pan Tilt Lever and spoon the juices over the food as desired.

Browning and sealing meat.

It is necessary to brown and seal meat in many recipes. Meat retains it's juices and the flavours develop after browning and sealing. This also prevents it from sticking when baking or roasting.

Preferably use meat that is at room temperature, as this reduces the cooking time.

1. Pre-heat the frypan to settings 7-8. If using an aluminium or stainless steel frypan, pre-heat with approximately 1-2 tablespoons of oil.
2. Brown meat on all sides, with the lid off.
3. After sealing, reduce the temperature to settings 4-5 and replace the lid until the meat is cooked as desired. Steaks should only require turning once or twice.

Cooking with your Sunbeam frypan cont.

Frying.

The frypan is ideal for shallow or dry frying. Deep frying is not particularly suitable as the frypan has shallow sides and a greater surface area, which results in heat loss and the possible overflow of oil.

Pan Frying: Suitable for eggs, omelettes, bacon, sausages, steaks and chicken pieces. Pre-heat to settings 5-6 with a little oil to prevent food from sticking and to add flavour.

Shallow Frying: Suitable for vegetable pieces e.g roast pumpkin and potato, and crumbed food. Pre-heat on settings 6-8 with sufficient oil so that the food is half immersed. Cook food with the lid off.

Sauteeing: Pre-heat on settings 5-6, with a little oil to prevent food from sticking and to add flavour.

Stir Frying: Food is cooked quickly, over a high heat and vegetables retain their flavour and crispness. For best results and even cooking, cut food into even sized, smaller pieces.

1. Pre-heat the frypan on settings 7-8 with a little oil.
2. Add vegetables,meat and seasoning, stirring continuously. Vegetables which take longer to cook, such as carrots, should be cooked first, adding the other ingredients later. Cook until the vegetables are still slightly crisp. The lid can be in position in the last few minutes of cooking.

Roasting.

Meat and poultry: The frypan is ideal for roasting meat and poultry, as the meat retains the flavour and juices.

1. Pre-heat the frypan on settings 7-8. Use only a small amount of oil for less fatty joints and no oil for fattier joints of meat.
2. Brown and seal the meat on all sides and position the lid.
3. After browning, turn the dial to settings 4-5 to cook the meat as desired.
4. Turn the meat during cooking, set a side and cover with foil while you prepare the gravy from the juices in the frypan.

Vegetables: Cut into even sized pieces. Add to the frypan 45-60 minutes before serving. For crisper vegetables, remove the meat and increase the heat for the last few minutes of cooking.

Roasting Times:

Note: These times are for well done. Reduce the times to suit personal taste.

PORK: 30-40 minutes per 500g after browning.

VEAL: 30-40 minutes per 500g after browning.

LAMB: 25-30 minutes per 500g after browning.

CHICKEN: 30-35 minutes per 500g after browning.

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For more information or advice on this or any other Sunbeam appliance, visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line.

Australia 1800 025 059
New Zealand (09) 912 0747.

Recipes

Note: The temperature settings stated in these recipes are a guide only and will vary depending on what model you are using.

Appetizers and entrees.

Cheese Croquettes Makes 25

3 egg whites
1 cup grated cheddar cheese
1 cup grated Swiss cheese
dash cayenne pepper
1 1/2 tablespoons plain flour
oil for shallow frying

1. Using a mixer, beat egg whites on high until stiff.
2. Fold in cheeses, cayenne pepper and flour.
3. Heat oil in frypan on setting 7. Carefully drop teaspoonfuls of mixture into oil and fry for approximately 1 minute or until golden. Drain well and serve hot.

Garlic Prawns Serves 4 - 6

1kg green prawns, shelled and deveined
1/2 cup of olive oil
4 cloves garlic, peeled and halved
1 tablespoon chopped parsley
fresh ground pepper to taste

1. Place all ingredients into a bowl and marinate for 2 hours in the refrigerator.
2. Heat frypan to setting 6. Add prawn mixture and stir fry prawns until bright pink in colour. Remove garlic and serve hot.

Savoury Rice Fritters Makes 24

1 1/2 cups cooked rice
1 small onion, peeled and finely chopped
1 tablespoon chopped parsley
1 cup finely chopped ham or cabanossi
2 eggs, lightly beaten
1/4 teaspoon ground nutmeg
1/4 teaspoon ground thyme
1 cup self raising flour
ground pepper to taste
oil for shallow frying

1. Place all ingredients, except oil into a bowl and mix until well combined.
2. Heat oil in frypan on setting 7. Drop 1 tablespoon of mixture at a time into the oil and fry until golden brown.
   Serve hot with tomato sauce.

Honey & Soy Chicken Nibbles Makes 20

10 chicken wings
2 tablespoons vegetable oil
2 cloves garlic, peeled and finely chopped
1 teaspoon finely grated green ginger
1/4 cup soy sauce
1/4 cup honey
1/2 teaspoon chinese five spice powder
fresh ground pepper to taste

1. Remove and discard wing tips. Cut wings in half at the joint.
2. Heat oil in frypan on setting 6. Cook chicken until browned on all sides.
3. Combine remaining ingredients and pour over chicken. Reduce heat to simmer and cook until sauce has thickened and chicken is cooked through.

Main courses.

Chicken.

Roast Chicken with Parsley and Ham Stuffing Serves 4-6

1 size 12 chicken
Stuffing:
250g ham, finely chopped
2 cups fresh bread crumbs
3 shallots, finely chopped
1 tablespoon finely chopped parsley
finely grated rind of 1/2 lemon
1 egg
pinch dry mustard
fresh ground pepper to taste

1. Place all stuffing ingredients into a bowl and combine well.
2. Place stuffing into the chicken cavity and secure opening with a small skewer.
3. Heat 1 tablespoon of oil in frypan on setting 7. Add chicken and brown evenly on all sides.
4. Reduce heat to setting 5 for approximately 1 1/2 hours.
5. If cooking roast vegetables, place in frypan 3/4 to 1 hour before serving.

Chicken and Almonds

1 tablespoon butter or margarine
1/4 cup flaked almonds
2 onions, peeled and finely chopped
3 teaspoons finely chopped green ginger
500g chicken thigh fillets, cut into strips
1 small celery stalk, finely sliced
1/2 red capsicum, finely sliced
1/4 cup dry sherry
2 tablespoons soy sauce
2 cups chicken stock
3 tablespoons corn flour
1/4 cup water

1. Heat butter or margarine in frypan on setting 6. Brown almonds and set aside.
2. Add onions and ginger, saute until tender. Add chicken and brown
3. Add celery, capsicum, sherry, soy sauce and chicken stock. Allow to boil.
4. Combine cornflour and water. Add to chicken, stirring until sauce boils and thickens.
5. Reduce to simmer for 10 minutes. Serve with steamed rice.

Lemon Chicken

2 tablespoons oil
4 chicken maryland pieces
1 teaspoon finely grated green ginger
1 clove garlic, peeled and finely chopped
1 cup chicken stock
2 tablespoons soy sauce
2 tablespoons sugar
1 tablespoon dry sherry
finely grated rind and juice of 1/2 lemon
1 tablespoon cornflour
1 tablespoon water

1. Heat oil in frypan on setting 7. Brown chicken on all sides with the ginger and garlic. Reduce heat to simmer.
2. Combine chicken stock, soy sauce, sugar, sherry, lemon rind and lemon juice. Add to the frypan. Cover and allow to simmer until chicken is tender.
3. Combine cornflour and water. Add to chicken, stirring until sauce boils and thickens. Simmer for a further 5 minutes. Serve with steamed rice.

Main courses cont.

Beef.

Chateaubriand with Mushrooms serves 4-6

1 piece fillet steak (about 1kg)
6 shallots, finely chopped
1/2 cup dry red wine
2 teaspoon butter or margarine
200g mushrooms, sliced
juice of 1/2 lemon
1 cup beef stock
1 tablespoon corn flour
2 tablespoons cream

1. Place fillet into a large dish, sprinkle with shallots and pour over wine. Cover and marinate for 2 hours in the refrigerator.
2. Heat butter or margarine in frypan on setting 7. Add meat and brown on all sides. Reduce temperature to setting 5. Cover and cook for desired amount (to suit your individual taste). Set meat aside and cover with aluminium foil to keep warm.
3. Add mushrooms and lemon juice, saute for 2 minutes.
4. Add beef stock and marinade, bring to the boil. Blend cornflour with a little water. Add to the stock, stirring constantly until sauce boils and thickens. Stir through cream. DO NOT BOIL.

   To Serve: Slice beef and cover with sauce. Serve with steamed vegetables.

Pepper Steak Serves 4

4 pieces fillet steak
2 teaspoons black peppercorns, crushed
60g butter
2 teaspoons oil
3/4 cup dry white wine
1 tablespoon brandy or dry sherry

1. Press the crushed pepper into the steak on both sides. Allow steak to stand 1 hour in the refrigerator.
2. Heat butter and oil in frypan on setting 7. Add steaks and cook quickly on both sides to seal in the juices. Reduce heat to setting 5 and cook for desired amount (to suit your individual taste). Remove steaks to hot serving plates.
3. Add wine and brandy, bring to the boil. Strain through a fine sieve. Serve over steak.

Stir Fry Beef Serves 6

2 tablespoons oil
500g topside steak, cut into thin strips
2 onions, peeled and cut into thin wedges
1 clove garlic, peeled and finely chopped
1 teaspoon finely grated green ginger
1 green capsicum, seeds removed, cut into thin strips
1 red capsicum, seeds removed, cut into thin strips
1 celery stalk, cut into thin diagonal strips
1 beef stock cube blended with 1 tablespoon hot water
2 tablespoons soy sauce
2 teaspoons brown sugar
1 tablespoon cornflour, blended with
2 tablespoons cold water
2 shallots, sliced into 2cm pieces
1/4 cup toasted almonds

1. Heat oil in frypan on setting 7. Add meat and brown. Set aside
2. Reduce heat to setting 5. Add onions, garlic and ginger, saute until tender.
3. Add capsicum and celery, saute for 2-3 minutes. Add beef stock, soy sauce and brown sugar. Bring to the boil. Stir through combined cornflour and water until mixture boils and thickens.
4. Return meat to the frypan. Add shallots and cook uncovered for 5-10 minutes. Serve with steamed rice.

Main courses cont.

Veal.

Veal with Mushrooms Serves 4

1 tablespoon butter or margarine
1 tablespoon oil
100g mushrooms, sliced
4 veal steaks
plain flour
fresh ground pepper to taste
1 tablespoon plain flour, extra
½ cup water
1 beef stock cube } *combined*
½ cup cream

1. Heat butter or margarine and oil in frypan on setting 5. Add mushrooms and saute until tender. Set aside.
2. Coat veal steaks in flour seasoned with pepper. Cook steaks on either side until golden. Set aside and keep warm.
3. Add extra flour and cook for 1 minute. Add combined water and stock cube, stirring until sauce boils and thickens.
4. Reduce heat to setting 2, add mushrooms and heat through. Stir through cream.
   To Serve: Spoon sauce over veal steaks. Serve with steamed vegetables.

Weiner Schnitzel Serves 4

4-6 (approx. 750g), thinly cut veal steaks
fresh ground pepper
juice of 1 lemon
plain flour
3 eggs, lightly beaten
dry breadcrumbs
1 tablespoon butter or margarine
3 tablespoons oil

1. Pound out veal steak with meat mallet or rolling pin.
2. Sprinkle a little pepper over one side of each steak. Sprinkle the other side with lemon juice.
3. Coat veal steaks lightly in flour. Dip into egg and then into breadcrumbs, pressing breadcrumbs on firmly. Refrigerate for 1 hour.
4. Heat butter or margarine and oil in frypan on setting 7. Cook veal quickly on both sides until golden brown. Drain on absorbent paper. Serve with a wedge of lemon.

Veal Paprika Serves 4

4-6 (approx. 750g) veal steaks
plain flour
2 tablespoons butter or margarine
1 medium onion, peeled and thinly sliced
1 clove garlic, peeled and finely chopped
2 teaspoons paprika
1 tablespoon plain flour, extra
1 beef stock cube dissolved in 1 cup water
1½ tablespoons tomato paste
2 tablespoons sour cream

1. Coat veal steaks lightly in flour.
2. Heat butter or margarine in frypan on setting 5. Cook veal quickly on both sides until lightly golden. Set aside.
3. Add onion and garlic, saute until tender.
4. Add paprika and extra flour. Gradually add combined beef stock cube and water, stirring constantly until mixture boils and thickens.
5. Reduce temperature to simmer. Stir through tomato paste and return veal to the frypan. Cover and simmer for 25-30 minutes.
   Stir in sour cream just before serving.

Main courses cont.

Lamb.

Rack of Lamb with Mustard Crust Serves 4

4 racks of lamb with 3 chops in each, trimmed of excess fat
2 tablespoons oil
2 tablespoons French mustard
1 clove garlic, peeled and finely chopped
1 tablespoon fruit chutney
2 teaspoons green peppercorns, crushed
1 cup fresh breadcrumbs
2 tablespoons chopped parsley

1. Heat oil in frypan on setting 6. Place lamb racks into frypan and brown on all sides. Reduce temperature to setting 5. Cover and bake, allowing 25 minutes per 500g.
2. When half way through cooking, remove lamb from frypan. Combine mustard, garlic, fruit chutney, crushed green peppercorns and breadcrumbs. Spread mixture over back of lamb and coat with chopped parsley.
3. Return to the frypan and bake for remaining cooking time or desired amount (to suit your individual taste).

Baked Spring Lamb Roll Serves 4

1kg loin of lamb, boned
1 onion, peeled and finely chopped
2 cups fresh breadcrumbs
1 tablespoon chopped mint
1 tablespoon chopped parsley
1 egg, lightly beaten
fresh ground pepper to taste
plain flour
1 egg extra, lightly beaten with
2 tablespoons milk
1 cup dry breadcrumbs
2 tablespoons oil

1. Combine onion, fresh breadcrumbs, mint, parsley, egg and fresh ground pepper.
2. Spread mixture onto lamb and roll up. Secure with string.
3. Roll in flour, egg and milk then breadcrumbs.
4. Heat oil in frypan on setting 7. Brown roll on all sides. Reduce heat to setting 5 and cook for approximately 1 hour or desired amount (to suit your individual taste).

Lamb Shanks with Beans Serves 6

1 1/2 cups dried lima beans, washed thoroughly
6 lamb shanks
plain flour, seasoned with fresh ground pepper
2 tablespoons oil
2 onions, peeled and finely chopped
1 clove garlic, peeled and finely chopped
2 teaspoons curry powder
1 can peeled tomatoes, chopped
2 tablespoons tomato paste
2 cups water

1. Place beans in frypan and cover with water. Bring to boil on setting 5. Remove beans and liquid, allow to soak for 3 hours or overnight. Drain.
2. Lightly coat lamb shanks in seasoned flour.
3. Heat oil in frypan on setting 7 and brown shanks well. Set aside.
4. Reduce heat to setting 5. Saute onions, garlic and curry powder until onions are tender.
5. Add tomatoes, tomato paste and water, bring to boil.
6. Add beans and lamb shanks. Cover and cook on simmer setting for 3 hours or until shanks are cooked and beans are tender.

Main courses cont.

Pork.

Indonesian Pork Sate Serves 4

Marinade:
1 onion, peeled and finely sliced
1/4 cup lemon juice
2 tablespoons soy sauce
1 teaspoon brown sugar
1 teaspoon curry powder
1/2 teaspoon ground coriander
1/4 teaspoon pepper

750g pork, cut into 2cm cubes
2 tablespoons oil

1. Combine marinade ingredients in a large bowl. Add pork, stirring to coat and marinate for 2 hours in the refrigerator.
2. Arrange pork pieces onto bamboo skewers.
3. Heat oil in frypan on setting 6, brown pork on all sides. Cook for approximately 15-20 minutes, turning occasionally and brushing with marinade throughout cooking. Serve with tomato wedges and saffron rice.

Note: To make saffron rice; for every 2 cups of rice add 1/4 teaspoon of saffron to boiling water.

Oriental Spare Ribs Serves 4

2 tablespoons oil
1kg pork spare ribs
1 cup marmalade
3/4 cup water
1 tablespoon soy sauce
1 clove garlic, peeled and finely chopped
1/2 teaspoon ground ginger

1. Heat oil in frypan on setting 6. Add pork spare ribs and brown on all sides. Cover and cook for 20-30 minutes, turning occasionally.
2. Combine marmalade, water, soy sauce, garlic and ginger.
3. Reduce heat to setting 1. Pour marmalade mixture over ribs. Cover and cook a further 15 minutes. Serve over rice.

Hawaiian Pork Chops Serves 4

4 pork chops
2 tablespoons oil
1 onion, peeled and cut into wedges
1 x 425g pineapple pieces, drained reserving 1/4 cup juice
1/4 cup dry sherry
1 tablespoon honey
1 tablespoon tomato sauce
2 teaspoons white vinegar
1 teaspoon finely grated green ginger
fresh ground pepper to taste
2 teaspoons cornflour

1. Trim excess fat from chops.
2. Heat oil in frypan on setting 7. Brown chops on both sides. Remove chops from frypan. Reduce to setting 5.
3. Saute onions until tender. Add pineapple, sherry, honey, tomato sauce, vinegar and ginger. Bring to boil.
4. Reduce heat to setting 2. Combine cornflour with reserved pineapple juice. Add to frypan, stirring until sauce boils and thickens.
5. Return pork to the frypan. Cover and simmer for 20 minutes, or until chops are cooked. Serve with steamed rice.

Main courses cont.

Seafood.

Curried Prawns Serves 6

3 tablespoons oil
6 shallots, cut into 5cm pieces
2 medium onions, peeled and sliced into rings
3 celery stalks, sliced into 1cm pieces
1/2 cup French beans
2 tablespoons curry powder
1kg cooked prawns, shelled
2 cups chicken stock
1/4 cup cornflour
2 tablespoons sherry } *combined*
1/4 cup cream

1. Heat oil in frypan on setting 6. Add shallots, onions, celery, beans and curry, saute until onions are tender. Reduce heat to setting 2.
2. Add prawns and stock. Stir through combined cornflour and sherry, stirring until thickened. Cook for 3 minutes.
3. Stir through cream.
   Serve with rice.

Baked Fish Serves 4

1 mullet (about 1kg), cleaned and head removed
fresh ground pepper
salt
grated rind and juice of 1 lemon
3 large tomatoes, cut into wedges
250g mushrooms, finely sliced
1 tablespoon butter or margarine
extra fresh ground pepper

1. Sprinkle inside of fish with a little pepper, salt and lemon rind.
2. Place tomato wedges, parsley and rosemary inside cavity and close fish.
3. Lay fish onto a well greased sheet of aluminium foil.
4. Top fish with mushroom slices. Drizzle over lemon juice and dot with butter. Sprinkle with fresh ground pepper to taste. Fold foil over fish to make a parcel.
5. Heat frypan to setting 7 and cook for approximately 10 minutes on each side or until flesh is tender.
   Serve with a fresh garden salad.

Grilled Fish Serves 4

8 small bream fillets
juice of 1 lemon
plain flour
1 tablespoon butter or margarine
1 tablespoon oil

1. Soak fillets in lemon juice for 10-15 minutes.
2. Coat fillets lightly in flour.
3. Heat butter or margarine and oil in frypan on setting 6-7. Cook fillets for 2-3 minutes on each side or until tender.
   Serve with parsley butter if desired.

Butter Crumbed Fish Serves 4

8 small bream fillets
plain flour
salt and pepper
1 egg } *combined*
3 tablespoons milk
1 cup dry breadcrumbs
125g butter

1. Season flour with salt and pepper to taste.
2. Coat fillets lightly in seasoned flour, dip in egg mixture then coat in breadcrumbs.
3. Melt butter in frypan on setting 6. Add fillets and cook until golden on both sides and flesh is tender.
   Serve with a fresh garden salad.

Main courses cont.

Vegetables.

Savoury Cabbage Serves 6

1 medium cabbage
2 teaspoons oil
4 bacon rashers, rind removed, finely chopped
1 onion, peeled and finely chopped
2 teaspoons curry powder
12 shallots, finely sliced
fresh ground pepper to taste

1. Wash cabbage, remove stalk and slice leaves thinly.
2. Heat oil in frypan on setting 5. Add bacon, onion and curry powder, saute until onion is tender.
3. Add cabbage and shallots. Stir to combine. Reduce heat to setting 3, cover and cook for 10 minutes, or until cabbage is tender.

Tomato Onion and Zucchini Casserole Serves 6

2 tablespoons oil
2 onions, peeled and finely sliced
1 clove garlic, peeled and finely chopped
500g zucchini, cut into 2cm pieces
3 large ripe tomatoes, roughly chopped
1 teaspoon Worcestershire sauce
1 tablespoon fresh chopped parsley
1 teaspoon dried basil
fresh ground pepper to taste

1. Heat oil in frypan on setting 6. Add onion and garlic, saute until onion is tender.
2. Add zucchini, tomatoes, Worcestershire sauce, parsley, basil and fresh ground pepper to taste, bring to the boil.
3. Reduce heat to simmer, cover and cook until zucchini is tender.

Ratatouille Serves 6

1 large eggplant
4 tablespoons oil
2 onions, peeled and finely sliced
2 cloves garlic, peeled and finely chopped
2 green capsicum, seeds removed, cut into strips
500g zucchini, sliced
4 medium ripe tomatoes, roughly chopped
1 tablespoon mixed herbs
fresh ground pepper to taste

1. Slice eggplant, sprinkle with salt and allow to stand for 30 minutes. Wipe away moisture with absorbent paper. Cut into 2cm cubes.
2. Heat oil in frypan on setting 5, saute onion and garlic until onion is tender.
3. Add remaining ingredients and bring to the boil. Reduce heat to simmer, cover and cook for 30-35 minutes.

Chinese Fried Vegetables Serves 6

2 tablespoons oil
1 onion, peeled and cut into wedges
1 clove garlic, peeled and finely chopped
1 turnip, peeled and cut into thin strips
4 celery stalks, thinly sliced
1 small cucumber, thinly sliced
125g can bamboo shoots, drained
125g mushrooms, sliced
1 teaspoon grated green ginger
1 tablespoon soy sauce
1 teaspoon wine vinegar
1 teaspoon sesame oil

1. Heat oil in frypan on setting 6. Add onion and garlic, saute until onion is tender.
2. Add all vegetables and saute for 3-4 minutes, stirring constantly.
3. Add ginger, soy sauce, vinegar and sesame oil. Cook for a further 2 minutes.

Main courses cont.

Garlic Potatoes Serves 6

1 1/2 kg new potatoes, halved
2 tablespoons butter
1 tablespoon oil
2 cloves garlic, peeled and finely chopped
2 tablespoons fresh chopped chives

1. Boil potatoes until almost tender. DO NOT OVER COOK. Drain.
2. Heat oil and butter in frypan on setting 5. Add garlic and saute for 1 minute. Add potatoes and cook until golden brown, stirring throughout cooking.
3. Stir chives through potatoes just before serving.
   Serve with sour cream if desired.

Hot Asparagus and Zucchini Salad

Serves 4-6

1 tablespoon butter
1 small leek, finely sliced
4 medium zucchini, cut into thick strips, 5cm long
1 bunch fresh asparagus, cut into 4cm lengths
1 tablespoon sesame seeds
1 tablespoon lemon juice
1 tablespoon fresh chopped parsley

1. Heat butter in frypan on setting 5. Add leek and saute until tender.
2. Add zucchini, asparagus, sesame seeds and lemon juice. Cook until asparagus is tender, stirring occasionally,
3. Stir through lemon juice and parsley just before serving.

Rice and pasta.

Chinese Fried Rice Serves 6

2 tablespoons oil
3 eggs, lightly beaten
1 onion, peeled and finely chopped
3 bacon rashers, rind removed, finely chopped
1/2 cup frozen peas, thawed
6 shallots, finely sliced
3 cups cooked rice
1 teaspoon grated green ginger
2 teaspoons soy sauce

1. Heat oil in frypan on setting 5. Pour egg into frypan, turn to cook other side. Remove from pan and chop finely.
2. Add onions and bacon, saute until onion is tender.
3. Add peas, shallots, rice and egg, stir to combine.
4. Stir ginger and soy sauce through rice. Cook until heated through.

Curried Nut Rice Serves 4-6

2 tablespoons butter or margarine
1 1/2 teaspoons curry powder
2 cups long grain rice
2 1/2 cups chicken stock
125g slivered almonds
8 shallots, finely sliced

1. Heat butter in frypan on setting 5. Add curry and rice, cook for 2-3 minutes stirring constantly.
2. Add chicken stock and bring to the boil. Reduce heat to simmer, cover and cook until all liquid has been absorbed.
3. Add almonds and shallots, stir through rice and cook for a further 2-3 minutes.

Rice and pasta cont.

Rice Pilaf

2 tablespoons oil
1 medium onion, peeled and finely chopped
1 cup long grain rice
1 3/4 cups chicken stock
1/2 teaspoon turmeric

1. Heat oil in frypan on setting 6. Saute onion until tender.
2. Add rice and cook for 2-3 minutes, stirring constantly. Add chicken stock and turmeric. Reduce heat to simmer. Cover and cook for around 20 minutes.
3. After all liquid has been absorbed, toss rice with a plastic spatula.

Easy Bolognaise Sauce Serves 6

2 tablespoons oil
2 onions, peeled and finely chopped
2 cloves garlic, peeled and finely chopped
1kg lean minced beef
1 x 425g can peeled tomatoes, roughly chopped
1 x 455g can concentrated tomato soup
1/2 teaspoon basil
1/2 teaspoon oregano
1/2 teaspoon thyme
fresh ground pepper to taste

1. Heat oil in frypan on setting 6. Saute onion and garlic until onion is tender.
2. Add meat and cook until browned.
3. Add remaining ingredients, stirring to combine.
4. Reduce heat to setting 1, cover and cook for 15-20 minutes.
5. To Serve: Cook sufficient pasta in boiling water until tender. Spoon sauce over drained pasta and sprinkle with parmesan cheese if desired.

Chilli Tomato Sauce Serves 6

2 tablespoons oil
2 onions, peeled and finely chopped
4 bacon rashers, rind removed, finely chopped
3 x 425g cans whole tomatoes, roughly chopped
1 cup stuffed olives, sliced
1/2 cup white wine
3 tablespoons tomato paste
2 tablespoons mild chilli sauce
1 teaspoon basil
1 tablespoon fresh chopped parsley

1. Heat oil in frypan on setting 6. Saute onion, garlic and bacon until onion is tender.
2. Add remaining ingredients, stirring to combine.
3. Reduce heat to simmer, leave uncovered for 15 minutes or until sauce reduces to 2/3. Stir through parsley. Serve with favourite pasta.